

## ABSTRACT OF THE DISCLOSURE

A cap has a cap body; a sunshade cover connected to the cap body by connecting means, characterized in that the sunshade cover has a cooling material that is a water-absorbing material as a fiber; and the connecting means has a male piece and a female piece respectively on the cap body and the sunshade cover, wherein the male piece has a projection portion rotatably and removably attached to a recess of the female portion such that when the shading cover is rotated in the stored position inside the cap body, one of a front and rear surface of the cover is flush with the head, and when the cover is rotated out of the cap body, the back part of the wearer's head and nape is cooled.